

Accepted Manuscript

Title: Meeting oneself in inner dialogue: Manual-based Phenomenological Art Therapy as experienced by patients diagnosed with moderate to severe depression, a qualitative study

Authors: Christina Blomdahl, Helle Wijk, Suzanne Guregård, Marie Rusner

PII: S0197-4556(17)30093-X
DOI: <http://dx.doi.org/10.1016/j.aip.2017.08.006>
Reference: AIP 1474

To appear in: *The Arts in Psychotherapy*

Received date: 3-5-2017
Revised date: 28-7-2017
Accepted date: 12-8-2017

Please cite this article as: Blomdahl, Christina., Wijk, Helle., Guregård, Suzanne., & Rusner, Marie., Meeting oneself in inner dialogue: Manual-based Phenomenological Art Therapy as experienced by patients diagnosed with moderate to severe depression, a qualitative study. *The Arts in Psychotherapy* <http://dx.doi.org/10.1016/j.aip.2017.08.006>

This is a PDF file of an unedited manuscript that has been accepted for publication. As a service to our customers we are providing this early version of the manuscript. The manuscript will undergo copyediting, typesetting, and review of the resulting proof before it is published in its final form. Please note that during the production process errors may be discovered which could affect the content, and all legal disclaimers that apply to the journal pertain.



Meeting oneself in inner dialogue: Manual-based Phenomenological Art Therapy as experienced by patients diagnosed with moderate to severe depression, a qualitative study

Christina Blomdahl, MSc AT., O.T. reg. ^{1,2} christina.blomdahl@vgregion.se

Helle Wijk, Associate professor, RN. ^{1,3} helle.wijk@gu.se

Suzanne Guregård, M. D., D. Sys. Psych. ² susanne.guregard@vgregion.se

Marie Rusner, PhD. RN. ^{1,2} marie.rusner@vgregion.se

¹ Institute of Care and Health Science, Sahlgrenska Academy, University of Gothenburg. Box 457, 40530 Gothenburg. Sweden

² Södra Älvsborgs Hospital, Brämhultsvägen 53, 501 82 Borås. Sweden

³ Sahlgrenska University Hospital, 413 45 Gothenburg, Sweden

Corresponding author: christina.blomdahl@vgregion.se Address: Psychiatric rehabilitation units, Solhem plan 4, 501 82 Borås, Sweden. Tel: +46 33 616 4776; Fax: +46 33 616 2537

Highlights

- Art-making enables meeting and responding to oneself and one's own reactions
- Inner dialogue gives new perspectives, discoveries, and understandings about self
- Inner dialogue consist of conscious choices of materials, symbolizing the inner world
- Discussing the image helps to deepen the inner dialogue
- The therapist should focus on supporting the inner dialogue.

Download English Version:

<https://daneshyari.com/en/article/6831318>

Download Persian Version:

<https://daneshyari.com/article/6831318>

[Daneshyari.com](https://daneshyari.com)